

# Senior Water Aerobics

**Free!**



**Free!**

**SPACES ARE LIMITED!**

For Older Adults 55 and Better

## June 22 - September 2, 2021

**WHEN: EVERY TUESDAY & THURSDAY**  
**9 a.m. - 11 a.m.**

**SESSION 1: JUNE 22- JULY 8**

**SESSION 2: JULY 13- JULY 29**

**SESSION 3: AUGUST 3 - AUGUST 19**

**SESSION 4: AUGUST 24 -  
SEPTEMBER 2**

**WHERE: MOSQUEDA COMMUNITY CENTER POOL**  
**4670 E. BUTLER AVE, FRESNO 93702**

Enjoy the benefits of working out in the water! The class consists of stretching, toning, water walking, and light aerobics. Bring your towel, sun screen, swim attire, and bottled water, and get ready to have some fun exercising in the pool!

### 2 Ways to Register:

- 1.) Online at [www.parcsonline.fresno.gov](http://www.parcsonline.fresno.gov)
  - 2.) Over the phone at (559) 621-PLAY (7529)
- Office Hours: Monday - Friday, 9 a.m. to 3 p.m.



### COVID-19 Guidelines (subject to change)

Participants and guests must stay 6 feet apart from others  
Participants and guests must wear a mask over their nose and mouth  
(Participants may remove mask while in the pool)

Participants and guests must stay home when sick or exposed to a person with COVID-19

**Parks  
Make  
Life  
Better!**